Date	Distance Swum	Progressive Total

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masters swimming AUSTRALIA

vorgee for water

MILLION METRES

RECORD CARD

Swim into
Friendship, Fitness
and Fun

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MILLION METRES

MASTERS SWIMMING AUSTRALIA

NAME: _____

CLUB CODE: _____

MEMBERSHIP NUMBER: _____

SIGNATURE: _____

The Vorgee Million Metre Awards acknowledge progress from the 'learn to swim' beginner to the distance swimmer. They are intended to stimulate members to strive for greater fitness and are open to all registered members.

The awards are for 1 mil, 2 mil, 3 mil, 5 mil, 7 mil, 10 mil & 15 mil metres. Members completed these millions are entitled to apply for an award for the distance swum. For details of each award, visit the Million Metres page on the national website: ww.mastersswimming.org.au.

Applications must be made to your Branch enclosing a signed copy of the record card to confirm the distance swum.

Swim 1 million metres and you have swum from Sydney to Auckland. An admirable goal to